

Youth Crisis Center, Inc.

Volume 2, Issue 2

October 2020 -
December 2020

THANK YOU!

Due to the COVID-19 pandemic and restrictions we were unable to have a fundraiser last year. The programs and services we provide depends on the support we receive from our annual fundraiser. Without it, much of our needed programming and support would be unavailable to youth and families in crisis. So this year, we sent out a call for help, and we were blown away by the response.

Our incredible and giving donors helped us to not only meet our needs but exceed them! What an amazing gift at such a difficult time in the lives of the youth and families we serve!

At this time, we want to express our deepest gratitude to the following donors:

Adam & Angela Booth
Air Innovations
Anonymous Donor
Blue Envelope Health Fund
Casper College OTA Club
Charles Shopp
Charlie & Loraine Powell
Courtney Shosh
CVIC-Toni Hutchison
David & Sheila Foertsch
David Gardner
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Teresa Sambrano
USA Trucking
USI Insurance Services
Vickie Johnson
Victoria Ziton
Wheeler Family Foundation
Wold Foundation
Zimmer Family Foundation

100% of these donations goes to the direct care and support of the youth and families in our care.

Right:
Jewelry made during Happenin' Holidays by YCC residents as gifts for their families and friends.



Left:
Staff member, Chad, dressed up like Bob Ross for a painting activity!

Look at those lovely paintings!

Happenin' Holidays!

Written by: Ashley Mikels - Clinical Supervisor

The Youth Crisis Center team planned and held special activities for youth in our center over winter break. The first awesome activity to participate in was a drive around town to look at Christmas lights for youth in our group home. The following day youth enjoyed making jewelry gifts for family and friends, including necklaces, bracelets, and earrings. Youth also joined Bob Ross (aka Chad!) for a fun painting session and another chance to make a gift for a family member or friend. These activities were an incentive for youth to engage in positive behaviors in the final days of school and start of the break. The events received a lot of attention and interest, and youth shared some heartwarming stories of who they would give the gifts to and other fun holiday plans.

Big Deal Donors!

Our donors make LIFE CHANGING donations!

Thank you to all those who gave to YCC from July 2020 - December 2020!

5150 Heating and Air Conditioning

Adam & Angela Booth
Air Innovations

Barker & Associates

Blue Envelope Health Fund

Brenton & Family

Casper College OTA Program

Charles and Loraine Powell

Charlie Shopp

Christ United Methodist Church

City of Casper

Courtney Shosh

Craig Silva

CVIC-Toni Hutchison

David Foertsch

David Gardner

Donna Kennedy

First Christian Church

First Interstate Bank
Foss Motors

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Frontline Fire Protection, LLC

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John Smith

Keith P. Tyler

Kent & Val Lathrop

Keyhole Technology

Lonnie & Emily Weaver

Mary Lou & Randy Buffington

McMurry Foundation

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Myra Skelton Fox

Natrona County Commissioners
Oates Enterprises, LLC

Platte Valley Bank

Reliant Federal Credit Union

Rochelle Law Office

Ronald and Joanne Kumor

Roman & Erin Gazda

St. Mark's Episcopal Church

Stirling & Stirling P.C.

Teresa Sambrano

USA Trucking

USI Insurance Services

United Way of Natrona County

Victoria Ziton

Wayne & Vickie Johnson

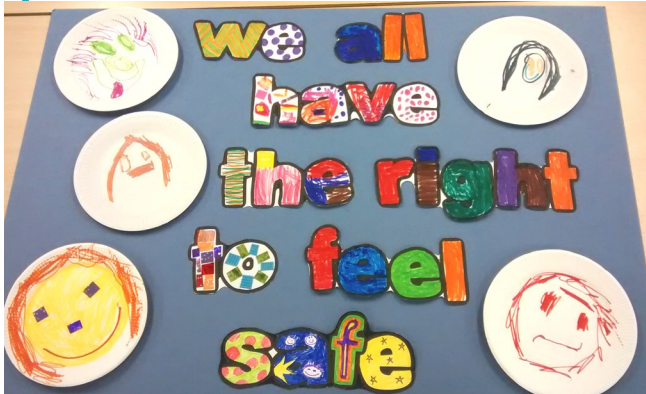
Wheeler Family Foundation

Wold Foundation

Zimmerman Family Foundation

The Value of Safety Planning

One of the biggest priorities of the Youth Crisis Center team is to provide safety from abuse, neglect, economic hardships, mental health, substance abuse, behavioral health, family conflict, and other crisis



situations. This includes working with youth and families to build safety plans when needed in the Center, at school, at home, or in the community. Safety plans are tools that help youth (and families) identify incidents (triggers) that may not be safe or lead to a lack of safety as well as plan and develop some realistic responses (coping skills) to handle the concern/incident.

Youth who come to YCC with safety concerns build safety plans for their stay at the center and take those safety plans with them when they return home. Safety plans can be a tool to address self-harm, anger

outbursts, other emotion dysregulation, family conflict, mental health concerns, suicidal ideation, and more! Safety plans give youth and families the opportunity to identify the safety risk, think about (and practice) how to handle unsafe situations, and be more prepared for when situations become unsafe. Youth who struggle with self-harm, experience family conflicts, or deal with mental health concerns may create safety plans to identify warning signs, interventions, and coping skills that they know work for them making them more likely to use the skills and stay safe. Safety plans can also help families to feel safe, which can reduce the number of incidents, provide positive interventions, and empower family members.

The best safety plans:

1. Create realistic options for handling challenging behaviors in a multitude of environments such as: walking away, taking timeouts, journaling, calling a therapist/counselor, deep breathing, etc.
2. Help the family and youth recognize early signals to remind the youth to practice their skills before concerns escalate.
3. Provide information about who to call or how to get more help when a situation has escalated to being unsafe.

WELCOME TO THE TEAM!

We are excited and proud to announce this quarter's newest team members!

Thomas S. - Youth Worker
Cyndi R. - Youth Worker
Gregg F. - Youth Worker

SO GLAD TO HAVE YOU!

YCC Safety Services

Crisis Shelter Services

July 1, 2020 - December 31, 2020

- 886 nights of stay
- 178 youth served
- 177 crisis intervention meetings
- 33 safety plans
- 2,1645 meals
- 123 hours of support group

Don't forget to "like" us on Facebook

@casperyouthcrisiscenter





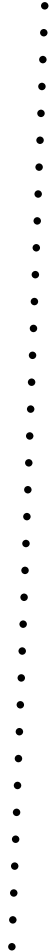
1656 East 12th Street
Casper, WY 82601

**YOUTH CRISIS
CENTER, INC.**

Phone: 307-577-5718
Fax: 307-577-5716

*Providing emergency shelter, crisis
intervention, and group home services
to youth and their families.*

**Visit our website:
www.casperycc.org**



Team Member Spotlight



Team Member Spotlight

(Written by Pam Mann - Staff and Safety Supervisor)

Dolores G. - Youth Worker
Making a Difference Every Day

Dolores has been with our team for a year. She works as an evening Group Home staff and makes a special effort to build individual relationships with all youth. She is kind and patient her evenings are spent helping youth with homework, teaching them chores (such as folding laundry and cleaning), and engaging with them in their unique interests. The youth in our program often share what a great mentor and support she is. Dolores is a team player and flexible with the many tasks she is given. She is extremely passionate about her job, and we are so glad she is with us at YCC!